**Name: Period:**

| **Wk #** | **Monday** | **Tuesday** | **Thursday** | Fri |
| --- | --- | --- | --- | --- |
|  |  **JANUARY 2016** |
| 1Jan | 11 Role & Seating, Discussion on Respect, Greeting Manners, Get Books | 12 \*/ **Photo & Info project** instructions & samples - start rough draft ,Common Core - highest levels of thought \*20 Things I Love to Do - Finish ALL 20!! | 14 **\*/ Syllabus, & Signature Page**Go over & Outline\*Preview Night Paper, Give examples of ratings on 20 things, Analysis & Prediction Due today |
| 2Jan | 18 Off | 19 + Chrome BooksDue - Signature Page**UNIT 1 - You and Your Health** **Ch 1**  - **Understanding Health & Wellness**  **#1 - Your Total Health**Set up folder trees, Go to website, download & Save Homework Example,Finish notes & Print & get stamped | 21 Chrome Books**UNIT 1 - You and Your Health** **Chapter 1 - 2**  **What Affects Your Health?**Type up homework notes following the example from Ch 1-1 **Ch 1-2 due** - Print off and get stamped \*/ type out **Decision Making Steps**  |
| 3Jan | 25 **UNIT 1** /\***Practice Decision Making DUE**Discuss Ch.1 - Lessons #3 + #4 in class | 26 **UNIT 1 - You and Your Health** **Ch 2 - Taking Charge of your Health** **#1 - Building Health Skills** **\*/ Decision Making Practice** and assignment  | 28 **UNIT 1 - You and Your Health** **Ch 2 #2 - Making Responsible Decisions and Setting Goals.****/\***  Decision Making - due**UNIT 1 EXAM + Paperwork DUE**  |
|  | **FEBRUARY 2016** |
| 4Feb | 2/1 **SPEAKER:** **ORGAN DONATION** | 2 **UNIT 2 - Nutrition & Physical** **Ch 10- 1 - The Importance of Nutrition** **Ch 10-2 Nutrients & Water**  *\* Water vs Coke* + *\* Water Requirements* **\*/ Vitamins & Minerals** (info on website) **\*/ Start 1 Week Eating Log TODAY** **Demonstrate APP - “LOSE IT”** | 4 **UNIT 2 - Nutrition & Physical** **Ch 11-1** Maintain a **Healthy Weight****Ch 11-2**  **Body Image & Eating Disorders**,LCD - short videos on flash drive **/\* Vitamins & Minerals****Video - Secret Life of Mary Margaret***Check Food Log - don’t forget this week-end* |
| 5Feb | 8 **4 DAY WEEK** M + W= 1-3-5-7  T + TH= 1-2-4-6 | 9 **UNIT 2 - Nutrition & Physical** **/\* One Week Eating Log *DUE TODAY***  *Can be printed out from Lose It App also***Ch 12-1** Benefits of **Physical Activity****Ch 12-2** Improving **Your Fitness** **GOAL -Setting up a Fitness Schedule** **!!! PAPERS BACK & CHECK GRADES!!!** | 11 **Meet in Library for Registration**8:30-9:00; 10:45-11:10; 1:10 - 1:35 **UNIT 2 - Nutrition & Physical** **Video - Body Image** + Discussion*REVIEW OBJECTIVES/ UNIT 2 EXAM*  **UNIT 2 EXAM +PAPERS DUE**  **Progress Grades** | 12 Off |
| 6Feb | 15 MONDAY OFF **4 DAY WEEK** T + TH= 1-2-4-6  W + F = 1-3-5-7  | 16 **Unit 3-Mental/Emotional** hand out **\*/ UNIT 3 LECTURE OUTLINE-LCD****Ch 3-1** Developing **Self-Esteem** **Ch 3-2** Developing **Personal Identity** and Character **\*/ What Do You Really Value?** | 18 **UNIT 3 LECTURE OUTLINE on LCD**- cont. **Ch 3-3** Expressing **Emotions** in Healthful Ways  **/\* Score - What Do You Really Value?****Video- \*/ Has Anyone Seen Phil?**  (33 minutes) Due Tuesday |
| 7Feb | 22 **SPEAKER -**  **MENINGITIS** | 23 **Unit 3-Mental/Emotional** **Ch 4-1** Understanding **Stress** **/\* Phil-** **Decision Making Assignment** Discuss \*Stages of Change/Grief Review Learning Objectives | 25 **Unit 3-Mental/Emotional** **UNIT 3 LECTURE OUTLINE****Ch 5-1** Dealing w/ **Anxiety** & **Depression****Ch 5- 2** **Mental Disorders**OUT TICKET!! |
|  | **MARCH 2016** |
| 8Mar | 29 **Unit 3-Mental/Emotional****/\* LECTURE OUTLINE** - **TURN IN! - LOG SCORES TO PASS BACK TOMORROW!!** **Ch 5-3 Suicide** Prevention | 3/1 **Unit 3-Mental/Emotional** **Ch 5-4 Getting Help -** Wrap up**HAND BACK LECTURE OUTLINE FOR TEST***REVIEW OBJECTIVES/ UNIT 3 EXAM* **UNIT 3 EXAM + Paperwork DUE** | 3 **UNIT 4 - Family/Social Health**   **\*/ Communication Outline** **Ch 6-2 Respecting Yourself & Others****Ch 6-3 Communicating Effectively** |
| 9Mar | 7 **SPEAKER -**  **NEW MORNING** | 8 **UNIT 4 - Family/Social Health**   **\*/ Communication Outline** cont.**\*/\* I & YOU Messages** **Ch 8-1** Safe and Healthy **Friendships****Ch 8-2** **Peer Pressure** & **Refusal Skills,**  **\*/ REFUSAL SKILLS Cartoon** due Thursday | 10 **UNIT 4 - Family/Social Health**   **Communication Outline** cont. **Ch 9-1 -** Causes of **Conflict** **Ch 9-2** - **Resolving Conflicts**video - **When Dating Turns Dangerous** |
| 10Mar | 14 **SPEAKER -**  **CYBER SAFETY** | 15 **UNIT 4 - Family/Social Health**  **Ch 7-3 - Help for Families** Share cartoons | 17  **/\* REFUSAL SKILLS Cartoon** due **UNIT 4 EXAM + Paperwork DUE**  | **End of Qtr** |
|  | Spring Break March 19 - 27 |